

# **The Treatment Support Measure (TSM):**

## **Parent and Youth Forms**

### **What is the TSM?**

The Treatment Support Measure (TSM) was designed as a **treatment planning tool** to assist professionals working with children, youth, and their parents or guardians, and as a **clinical support tool** to provide therapists with actionable feedback when youth are not making expected progress in treatment. It is designed to be used in conjunction with the Youth Outcome Questionnaire (Y-OQ) and OQ-Analyst software. The TSM consists of two forms. The **TSM-P** is a 40-item parent/guardian-report measure that assesses the domains of parenting self-efficacy, parent social support, parenting skills, parent distress, and the parent's perception of the therapeutic alliance. The **TSM-Y** is a 40-item youth self-report measure (ages 12-17) that assesses the domains of youth self-efficacy, youth social support, youth motivation for treatment, and the youth's perception of the therapeutic alliance. The specific domains (and individual items) contained in the TSM forms have been shown in previous research to be valuable predictors of positive youth treatment outcomes.

### **When should the TSM be used and where can I access it?**

While the Y-OQ is designed to be used regularly over the course of treatment, the TSM is recommended for use once at the beginning of treatment, and on an as-needed basis thereafter (such as when a case signals as "RED" in the OQ-Analyst software). When administered prior to a first therapy session, items 36-40 (regarding the therapeutic alliance) can be omitted since the client would not have had sufficient time with the therapist to answer these questions. When used in conjunction with the OQ-Analyst software, the TSM forms and accompanying reports are accessed in the same way as the Y-OQ forms—they can be found in the drop-down instrument menus for a specific client after selecting the "New Questionnaire" or "Review Questionnaires" tabs.

### **How can the TSM help with treatment planning?**

TSM results obtained at the beginning of treatment can be used to identify client strengths and weaknesses which can be used in treatment planning. The TSM therapist report in the OQ-Analyst software provides domain scores for the client and flags as "RED" those domains for which the client scored significantly below the mean of parents or youth in the clinical standardization sample. In addition, individual item responses that were significantly below the clinical norm are provided along with the parent or youth response. Therapists can then click on the interventions handout link in the report or refer to the resources in the TSM manual for empirically-based recommendations on how to facilitate improvement in the identified domains. Knowing that improvements in the TSM domains over the course of treatment are typically associated with improvements in youth symptoms, addressing problems in these domains will increase the likelihood of a positive treatment outcome.

### **How can the TSM help with cases that are not making expected progress?**

When Y-OQ scores yield a yellow or red alert for a client, the TSM and associated clinical support tools can be used to identify and address potential barriers to the client's treatment progress. When potential obstacles are identified in one or more of the TSM domains (e.g., quality of the therapeutic relationship, self-efficacy, motivation), the therapist can use the resources provided in the TSM therapist report, interventions handout, and TSM manual to adjust the treatment approach in order to get the client back on track for a good outcome. The use of regular progress tracking, feedback to therapists, and clinical support tools has consistently been associated with improved outcomes in adult treatment settings across numerous clinical trials; preliminary research conducted in child/adolescent settings suggests that these procedures may be even more beneficial for youth than for adults.